



Summer Edition, May- August 2017

Young at Heart Senior Center Newsletter – Summer 2017 General Information

Welcome!



Please visit our website at
<http://www.fairfaxva.gov/ParksRec>

Four ways to register for Classes and Trips:

Summer Registration begins April 3rd

1. ONLINE: www.fairfaxva.gov/ParksRec,
24 hours a day.
2. WALK-IN: Come to the
City Hall Office, Stacy C. Sherwood Community Center, or
Green Acres Center from 8:30am–5 pm, Monday – Friday.
3. MAIL-IN: Signed and completed registration forms
mailed to:
City of Fairfax Parks and Recreation,
10455 Armstrong St., Fairfax, VA 22030.
4. FAX-IN: Signed and completed registration forms must
be faxed to: 703-246-6321

Payment Methods Accepted

American Express, Discover, MasterCard or Visa.
Checks payable to: City of Fairfax.
Payment must be made at the time of registration.
Assumption of Risk Waiver, found on registration form,
must be signed by all participants at time of registration.

The City of Fairfax Senior Center invites you to join the Young at Heart Senior Center for summer fun and adventures!

The City of Fairfax's Senior Center is a recreational center with numerous and varied activities for all adults 55 years and older. A registration form is required before participating in any activities. We ask that you scan your membership card upon entering the building. More membership information inside.

We hope you get involved in the many senior center activities, free and fee-based classes, special events and trips during this wonderful summer season.

The City of Fairfax Parks and Recreation Department is constantly striving to keep our National Recreation and Parks Association gold medal standards and committed to our mission to enrich the quality of life in the City of Fairfax and maintain the unique hometown character that makes our City a special place to live, work and play.

Senior Center Location

Green Acres Center
4401 Sideburn Road
Fairfax, VA 22030
703-273-6090 TTY (711)

Hours of Operation:

Monday through Friday
8am to 5pm

Green Acres Senior Center Staff

Anne Chase, BS, CPRP
Recreation Manager and Senior Center Manager
anne.chase@fairfaxva.gov
(703) 359-2487

Kira Urano, BS
Senior Center Assistant
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Kathy Carter, BA
Trip Chaperone
kathy.carter@fairfaxva.gov

Jann Richards-Weltman, BS
Recreation Assistant
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Rocio Vargas, BS
Clai Eldrup-Jorgensen
Senior Center Staff
rocio.vargas@fairfaxva.gov

Senior Center General Information

Young at Heart Membership Registration Information

City and Ffx County residents may become a member free of charge after completing a blue registration form.

Non-residents of the City of Fairfax or Fairfax County will be charged a membership fee of \$50 per year to join the Senior Center. An individual 55 years and over may also choose a guest membership for a daily drop-in fee of \$5.

Memberships are valid for a 12-month period and can be purchased during Senior Center hours:

Monday – Friday: 8:00am – 5:00pm.

Please stop by the Green Acres Front Desk to register and fill out the green registration form.

Updated Wavier Information to Participate in Programs and Activities

The City of Fairfax Parks and Recreation Department has updated the Waiver for participant use when taking part in any program - please take a moment to review.

Waiver for City of Fairfax Parks and Recreation Participant:

In consideration of the registrant being granted permission by the City of Fairfax, Virginia to participate in this program and associated activities, I hereby release the City of Fairfax, Virginia and its officers, employees, agents, and volunteers from any and all liability relating to or arising out of the registrant's participation. I authorize the City of Fairfax and its officials, employees, agents and volunteers, at any such person's discretion to administer emergency first aid treatment and at my expense to obtain the services of a physician(s) and/or rescue squad and authorize the same to effect such treatment of the registrant as they deem advisable. Participants in activities sponsored or cosponsored by the Park and Recreation Department consent to the department's use of any photograph, in film or videotape of the activity in any marketing or promotional materials. I further understand that Parks and Recreation classes are to be enjoyed by all from youth through adults. Participants that continually disrupt the class and/or program experience for others will be asked to withdraw from the class and/or program with expectation of a refund, if applicable, for the balance of the class/and or program.

Class information can be viewed on the web pages below and listed in the *Leisure Times* magazine
<http://www.fairfaxva.gov/government/parks-recreation/senior-classes>

Offices and Senior Center will be Closed On observed 2017 Holidays:

1. Monday, May 29, 2017 – Memorial Day Holiday
2. Tuesday, July 4, 2017 – Independence Day Holiday
3. Monday, September 4, 2017 – Labor Day Holiday

Senior Center Ongoing Activities

These are ongoing activities that take place as part of the Senior Center. Mark your calendars - participate in the fun! More information on activities taking place at the Senior Center can be found on our website at www.fairfaxva.gov/parksRec or drop by for a current calendar.

Men's Morning Coffee & Conversation Group: Every morning, Monday-Friday: 8am-10am: Coffee, breakfast treats and lively conversation.	Military History with Keith Young Every Tuesday, 10am-Noon: Covers military history beginning with the Revolutionary War to the present.
Bocce May – September, Thursdays, 9am-11am: Tournament-style play. Outdoor courts. Free lessons April 20 & 27 at 11am. Organizational meeting April 27 at 10am. Awards ceremony and picnic September 28 at 11am.	Library Books loaned on Honor system: enjoy and return! We appreciate book donations published after year 2000. Monthly Birthday Celebrations First Fridays at 12 noon.
Current Events Group Every Tuesday, 1pm-3pm: Discuss the latest topics going on in our world.	55+ Pickleball Monday, Tuesday, Wednesday, Thursday and Fridays: 1pm -3pm. Practice for those who know how to play. Fee lessons available.
Movie & Popcorn Once a month: 10am-12noon. Schedule on calendar.	Open Ping Pong Play Thursdays, 1pm-3pm. Free.
WWII Veterans Association Meets quarterly. Call Bill Sheads: 703-323-9444. 90's Club For those in 10 th decade, meet 4 th Friday, 10am.	ALPS - Alpha Literary & Philosophical Society Meets on last Wednesday each month, 7:45-10pm. Free. A member volunteers to research & write an article (provided at meeting), with discussion.
Fairfax Antique Arts Association Third Thursday monthly at 10am: Invites guest speakers to show and discuss their collections.	Millennium Art Guild Every Thursday, 1pm- 4pm: Artists bring in their own art projects and supplies. All forms of art welcome. For information, call Shirley Staples: 703-218-3172.
BUNCO Two Fridays a month at 10:30am: Please check monthly calendar for dates. Prizes awarded.	BINGO Twice monthly on Fridays at 10:30am: Please check monthly calendar for dates. \$2/2cards. Prizes awarded.
Pinochle/Mexican Train/Canasta Played daily throughout the week starting at 9:30am or 10am. Refer to monthly calendar.	Day at the Races Two Mondays a month, 10:30am: Please check calendar for dates. Prizes awarded.
Spanish Conversation Mondays from 11am- 12:15pm: A closed group learning with workbook. If you're wanting to learn Spanish, sign up for fee-based classes to be offered in the Fall.	German Conversation Thursdays from 10:30am-Noon: For interesting discussions, learning situations and fun! Beginners and friends of German culture are quite willkommen: Aufwiedersehen!
Bridge Groups: <u>Bridge Level 1:</u> Mondays and Fridays, 9:30am-12:30pm. <u>Contract/Duplicate:</u> Mondays, 9:30am-12noon. <u>Advanced Contract:</u> Thursdays, 9:30am-2pm. <u>Grand Slam:</u> Mondays/Fridays, 9:30am-2pm. <u>NOVA Neighbors:</u> 1 st & 3 rd Mondays, 12noon-3pm. <u>Senior Bridge Club:</u> Fridays, 10am-2pm.	Chess Mondays at 12 noon in the library.
	World Powers 1930's Game Tuesdays, 2pm. Free.
	Mah Jongg Thursdays, 10am in the Senior Center. Free. International and American.
Knit & Crochet Meets Wednesdays at 10am in the Library. Bring your yarn and needles. Learn and practice!	Monthly Birthday Celebrations First Fridays at 12 noon.

Upcoming Events

Mon, April 3: 8:30am	Registration <i>Open for Summer Classes and Trips</i>
Fri, April 21: 11am	Spring Luncheon
Month of May	Older Americans Month 2017: Theme - <i>Aging Out Loud!</i>
Wed, May 3: 11am-1pm	Kickoff to Older Adult Month: 11am – Ballroom Dancing Demonstration 11:30am – Lion's Vision Screenings 12 noon – Salad Luncheon <i>sponsored by Overture Fair Ridge</i> 12 noon – Paper Marbleizing Craft
Tues, May 9: 6 pm 7 pm	City of Fairfax Senior Center Volunteer Reception at City Hall Proclamation Presentation / Older Adult's Month at City Hall
Fri, May 12: 11am	Mother's Day Tea
May 10 – 13	Virginia Senior Games: Henrico County, Virginia. Register by April 15.
Fri, May 19: 12 noon	Lunch & Learn: <i>Osteoporosis & Exercise</i> by Teresa Fletcher, Personal Trainer
Fri, May 26: 11:30am	Memorial Day Potluck Picnic
Mon, May 29	Center Closed: Memorial Day Holiday observed
Wed, May 31: 8am-5pm	2017 National Senior Health & Fitness Day: take a free fitness class <i>"With Movement... There's Improvement!"</i>
Fri, June 9: 11:30am-1:30pm	Lunch & Learn: <i>Basic Dance Class- Rumba & Waltz</i> with Hugh Conway
Fri, June 16: 9:30am	Father's Day Breakfast
Fri, June 30: 11:30am	Independence Day Potluck Picnic
Tues, July 4	Center Closed: Independence Day observed
Tues, July 4: 10am-noon	Independence Day Celebration Parade: <i>Walk with the Senior Center!</i>
Fri, July 14: 11:30am	Lunch & Learn: <i>On Your Own Terms - How Advance Directives Help Families to Navigate the End of Life</i> by Carolyn Sutterfield
Fri, July 28: 12 noon	Lunch & Learn: <i>Mobile Devices and You</i> by Jeff Dove
Fri, August 11: 12 noon	Lunch & Learn: <i>Downsizing and Organizing</i> by Diane Birch
Fri, August 18: 12 noon	Lunch & Learn: <i>Windows 10</i> by Jeff Dove
Fri, August 25: 12 noon	Lunch & Learn: <i>Ask a Nurse!</i> By Sherry Cox
Mon, September 4	Center Closed: Labor Day observed
Fri, September 15: 11:30am	End-of-Summer Potluck Picnic
September 9 – 21	Northern Virginia Senior Olympics
Thurs, September 14	Bocce and Horseshoe NVSO Events at Green Acres (rain date 9/21)
Sun- Fri, October 15-20	Maine Travel Motor Coach Trip
Sat, October 21: 9am-1pm	Senior Flea Market Fundraiser at the Sherwood Center

Mon	Tue	Wed	Thu	Fri	Sat
1 SR. ARTS & CRAFTS DISPLAY 8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing 11am: Spanish Conversation 12 noon: NOVA Neighbors Bridge 1pm-3pm: Pickleball Play 2:15pm: Chair Yoga – 4 wks	2 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events / Pickleball 2pm: World Powers 1930's game	3 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <u>SENIOR CENTER OPEN HOUSE:</u> 11am Ballroom Dancing Demo 11:30:Lion's Vision Screenings 12noon: Salad Luncheon 12noon: Paper Marbleizing Craft 12 noon: Liver Health 1-3pm: Pickleball 2:15pm: Stretch & Balance – 4 wk	4 8am: Men's Coffee Group 9am: Bocce Season thru Sept. 9:30am: Adv. Contract Bridge/ Pinochle <u>TRIP: SABF Sr. Luncheon & Dance</u> 10am: Mah Jongg: Int'l & Chinese 10:30am German Conversation 11:30am: Easy Strength Training 1pm: Pickleball / Millennium Art Guild 3pm: Social Line Dancing – 8 wk	5 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Pinochle / Bridge Level I 10am: Grand Slam Bridge 10:30am: BINGO 12noon: May Birthdays! 12noon: BP Checks – Ask a Nurse 1pm: Pickleball Play 1:30pm: Day Trip Committee Mtg	6  Derby-Q Event 2pm- 8pm Old Town Square
8 8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: DAY AT THE RACES 10:30am: Line Dancing 11am: Spanish Conversation 1pm-3pm: Pickleball Play 2:15pm: Chair Yoga	9 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Canasta / Military History 11:30am: Easy Strength Training 1pm: Current Events / Pickleball 1:30pm: Hospitality Committee Mtg. 2pm: World Powers 1930's game 3pm: Beg Pickleball Lessons – 3x 4pm: Int Pickleball Lessons – 3x 6pm: Volunteer Recognition Tea 7pm: City Council Proclamation of Older Americans Month!	10 –13: VA SENIOR GAMES in Henrico County 8am: Men's Coffee Group 8:30am: Seniorcise <u>TRIP: Smart People at Arena Stage</u> 10am: Pinochle 1pm-3pm: Pickleball 2:15pm: Stretch & Balance	11 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge/Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: Easy Strength Training 1pm: Pickleball / Millennium Art Guild 2:15pm: Sit & Get Fit – 4 wks 3pm: Social Line Dancing	12 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Pinochle/ Bridge Level I 10am: Grand Slam Bridge 10:30am: BUNCO 11:30am: Mothers' Day Tea 1pm: Pickleball Play	13 May - August Trips were published March 20 with registrations beginning Monday, April 3 at 8:30am
15 8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing – 6 wk 11am: Spanish Conversation 12 noon: NOVA Neighbors Bridge 1pm-3pm: Pickleball 2:15pm: Chair Yoga	16 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12:30pm: Sr. Clog Beg. II – 8 wks 1 pm: Current Events / Pickleball 2pm: World Powers 1930's game 3pm: Beg Pickleball Lessons 4pm: Int Pickleball Lessons	17 8am: Men's Coffee Group 8:30am: Seniorcise <u>TRIP: Miss Shirley's Café, Sherwood Gardens, Baltimore</u> <u>Symphony Show House</u> 10am: Pinochle 1pm-3pm: Pickleball 2:15pm: Stretch & Balance	18 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge/Pinochle 10am: Mah Jongg: Int'l & Chinese 10am: Fairfax Antique Arts Association <u>TRIP: Sackler Gallery</u> 10:30am: German Conversation 11:30am: Easy Strength Training 11:30am/11:45am: LUNCH BUNCH 1pm: Pickleball / Millennium Art Guild 2:15pm: Sit & Get Fit 3pm: Social Line Dancing	19 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/ Bridge Level I 10am: Grand Slam Bridge 10:30am: BINGO 11:30am: Lunch & Learn: Osteoporosis and Exercise 1pm: Pickleball Play	20 
22 8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: DAY AT THE RACES 10:30am: Line Dancing 11am: Spanish Conversation 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm: Tea & Talk: Tea Tasting	23 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12:30pm: Sr. Clog Beg. II 1pm: Current Events / Pickleball 1:30pm: Senior Council Meeting 2pm: World Powers 1930's game 3pm: Beg Pickleball Lessons 4pm: Int. Pickleball Lessons	24 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: MOVIE & POPCORN: "Loving" 1-3pm: Pickleball 2:15pm: Stretch & Balance	25 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge/Pinochle 10am Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: Easy Strength Training 1pm: Pickleball / Millennium Art Guild 2:15pm: Sit & Get Fit <u>TRIP: Nationals vs. Mariners Baseball</u> 3pm: Social Line Dancing	26 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/ Bridge Level I 9:30am: Coupons Military / Bridge 10am: Grand Slam / Pinochle 10am: 90's Club 10:30am: BUNCO 11am: Memorial Day Picnic 1pm: Pickleball Play	27 * All Potluck Luncheons and Guest Speakers require advanced registration at the Green Acres Center Front Desk or call 703-273-6090
29 Memorial Day Holiday Green Acres closed 	30 8 am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12:30pm: Sr. Clog Beg. II 1pm: Current Events / Pickleball 2pm: World Powers 1930's game	31 NATIONAL SENIOR HEALTH & FITNESS DAY: Free Classes! "With Movement, There's Improvement!" 8am: Men's Coffee Group 8:30am: Seniorcise – Free Class 10am: Pinochle 10:30am: Pilates – Free Class 11:30am: Zumba – Free Class 1-3pm: Pickleball 2:15pm: Stretch & Balance–Free Class	May 2017 Older Americans Month: Living Out Loud! 	 Fitness Room Open Mon-Thu 8am-9pm, Fri 9am-5pm Sat & Sun 9am-2pm FREE for 55+ with card	Check out our website www.fairfaxva.gov Calendar subject to change- Updates will be posted on website and at Senior Center

Mon	Tue	Wed	Thu	Fri	Sat
Bold items on calendar are New Sessions beginning or Special Events.	Check out our website www.fairfaxva.gov Calendar subject to change- Updates will be posted on website and at Senior Center		1 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv.Contract Bridge/ Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: Easy Strength Training 1-3pm: Pickleball 1-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit 3pm: Social Line Dancing	2 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:30am: Tai Chi: Adv./Beg 9:30am: Bridge Level I / Pinochle 10am: Grand Slam Bridge 10:30am: BINGO 12noon: June Birthdays! 12noon: BP Checks –Ask a Nurse 1pm: Pickleball Play 1:30pm: Day Trip Committee Mtg	3  Fitness Room Open Mon-Thur 8am-9pm, Fri 9am-5pm Sat & Sun 9am-2pm FREE for 55+ with card
5 8 am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: Beg. Bridge Classes- 6 wk 9:30am: All Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: DAY AT THE RACES 10:30am: Line Dancing 11am: Spanish Conversation 12 noon: NOVA Neighbors Bridge 1pm-3pm: Pickleball 2:15pm: Chair Yoga – 4 wks	6 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12:30pm: Sr. Clog Beg. II 1pm: Current Events / Pickleball 2pm: World Powers 1930's game	7 8am: Men's Coffee Group 8:30am: Seniorcise TRIP: St. Michaels MD 10am: Pinochle 1pm-3pm: Pickleball 2:15pm: Stretch & Balance	8 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv.Contract Bridge/Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: Easy Strength Training 1pm: Pickleball / Millennium Art Guild 2:15pm: Sit & Get Fit – 4 wks 3pm: Social Line Dancing	9 – MSCDC CIRCUS 8am: Men's Coffee Group 8:30am: Seniorcise CX 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/ Bridge Level I 10am:Grand Slam Bridge 10:30am: BUNCO 11:30am: Lunch & Learn: Learn to Rumba & Waltz 1pm: Pickleball Play	10
12 8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: Beginning Bridge Class 9:30am: All Bridge Groups 10am:Mah Jongg / Grand Slam 10:30am: Line Dancing 11am: Spanish Conversation 1pm-3pm: Pickleball 2:15pm: Chair Yoga	13 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12:30pm: Sr. Clog Beg. II 1pm: Current Events / Pickleball 1:30pm: Hospitality Committee Mtg. 2pm: World Powers 1930's game- CX 3pm: Beg Pickleball Lessons – 3 wks 4pm: Int Pickleball Lessons – 3 wks	14 FLAG DAY  8am: Men's Coffee Group 8:30am: Seniorcise TRIP: US Naval Academy and Annapolis 10am: Pinochle 1pm-3pm: Pickleball 2:15pm: Stretch & Balance	15 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv.Contract Bridge/ Pinochle 10am: Mah Jongg: Int'l & Chinese 10am: Fairfax Antique Arts Association 10:30am: German Conversation 11:30am: Easy Strength Training 11:30am/11:45am: LUNCH BUNCH 1pm: Pickleball /Millennium Art Guild 2:15pm: Sit & Get Fit 3pm: Social Line Dancie	16 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/ Bridge Level I 9:30am: Father's Day Breakfast 10am: Grand Slam Bridge 10:30am: BINGO 1pm: Pickleball Play	17 Sunday, June 18: Father's Day 
19 8 am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: Beg. Bridge Classes- 6 wk 9:30am: All Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: DAY AT THE RACES 10:30am: Line Dancing 11am: Spanish Conversation 12 noon: NOVA Neighbors Bridge 1pm-3pm: Pickleball 2:15pm: Chair Yoga	20 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12:30pm: Sr. Clog Beg. II 1pm: Current Events / Pickleball 2pm: World Powers 1930's game 3pm: Beg Pickleball Lessons 4pm: Int Pickleball Lessons	21 SUMMER SOLSTICE 8am: Men's Coffee Group 8:30am: Seniorcise TRIP: Seven Oaks Lavender Farm, Red Truck Bakery, Buckland Farm Market 10am: Pinochle 10am: MOVIE & POPCORN: "Lion" 1pm-3pm: Pickleball 2:15pm: Stretch & Balance	22 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv.Contract Bridge/ Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: Easy Strength Training 1pm: Pickleball / Millennium Art Guild 2:15pm: Sit & Get Fit 3pm: Social Line Dancing	23 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Cut Coupons For Military 9:30am: Pinochle/ Bridge Level 1 10am: 90's Club 10am: Grand Slam Bridge 10:30am: BUNCO 1pm: Pickleball Play	24 
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CITY OF FAIRFAX SENIOR CENTER

July 2017



(703) 273-6090

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3 8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge Groups 9:30am: Beginning Bridge Class 10am: Mah Jongg / Grand Slam 11am: Spanish Conversation 12 noon: NOVA Neighbors Bridge 1pm-3pm: Pickleball	Senior Center CLOSED Independence Day 10am: Parade! Walk with the Senior Center! 	5 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: MOVIES & POPCORN "Hidden Figures" 1pm-3pm: Pickleball 2:15pm: Stretch & Balance - CX	6 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Cont. Bridge / Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: Easy Strength Training 1pm: Pickleball / Millennium Art Guild 2:15pm: Sit & Get Fit – 4 wks 3pm: Social Line Dancing – 8x	7 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle / Bridge Level I 10am: Grand Slam Bridge 10:30am: BINGO 12 noon: July Birthdays! 12noon: BP Checks-Ask A Nurse 1pm: Pickleball Play 1:30pm: Day Trip Committee Mtg	8 Bold items on calendar are new session start dates or special events.
10 8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge Groups 9:30am: Beginning Bridge Class 10am: Mah Jongg / Grand Slam 10:30am: DAY AT THE RACES 10:30am: Line Dancing – 8 wks 11am: Spanish Conversation 1pm-3pm: Pickleball 2:15pm: Chair Yoga – 4 wks	11 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12:30pm: Sr. Clogging Beg.II 1pm: Current Events/ Pickleball 1:30pm: Hospitality Committee Mtg 2pm: World Powers 1930's game 3pm: Beg Pickleball Lessons-3 wk 4pm: Int Pickleball Lessons – 3 wk	12 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Pinochle TRIP: Kennedy Center – The Sound of Music 1pm: Pickleball 2:15pm: Stretch & Balance	13 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 9:30am: Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 1pm: Pickleball 1pm: Millennium Art Guild 2:15pm: Sit & Get Fit 3pm: Social Line Dancing	14 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle / Bridge Level I 10am: Grand Slam Bridge 10:30am: BUNCO 11am: Lunch & Learn: On Your Own Terms - Advance Directives for End of Life 1pm: Pickleball Play	15
17 8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge Groups 9:30am: Beginning Bridge Class 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing 11am: Spanish Conversation 12 noon: NOVA Neighbors Bridge 1pm-3pm: Pickleball 2:15pm: Chair Yoga	18 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events/ Pickleball 2pm: World Powers 1930's game 3pm: Beg Pickleball Lessons 4pm: Int Pickleball Lessons	19 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 1pm: Pickleball 2:15pm: Stretch & Balance TRIP: Mamma Mia at Wolf Trap Filene Center	20 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge/Pinochle 10am: Mah Jong: Int'l & Chinese 10am: Fairfax Antique Arts Assn 10:30am: German Conversation 11:30am/11:45am: LUNCH BUNCH 1pm: Pickleball / Millennium Art Guild 2:15pm: Sit & Get Fit 3pm: Social Line Dancing	21 8am: Men's Coffee Group 8:30am: Seniorcise 9:15am/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle / Bridge Level I 9:30am: Cut Coupons For Military 10am: Grand Slam Bridge 10:30am: XMAS IN JULY BINGO 1pm: Pickleball Play	22
24 8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge Groups 9:30am: Beginning Bridge Class 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing 10:30am: DAY AT THE RACES 11am: Spanish Conversation 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm: Tea&Talk –7 Healthy Foods	25 8am – Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events / Pickleball 1:30pm: Senior Council Meeting 2pm: World Powers 1930's game 3pm: Beg Pickleball Lessons 4pm: Int Pickleball Lessons	26 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle TRIP: Holocaust Museum 1pm: Pickleball 2:15pm: Stretch & Balance	27 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 9:30am: Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 1pm: Pickleball 1pm: Millennium Art Guild 2:15pm: Sit & Get Fit 3pm: Social Line Dancing	28 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle / Bridge Level I 10am: Grand Slam Bridge 10am: 90's Club 10:30am: BUNCO 12noon: Lunch & Learn: Mobile Devices 1pm: Pickleball Play	29  Fitness Room Open Mon-Thur 8am-9pm, Fri 9am-5pm Sat & Sun 9am-2pm FREE for 55+ with card
31 8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing 11am: Spanish Conversation 1pm: Pickleball Play 2:15pm: Chair Yoga		 JULY			Guest Speakers require advanced registration at the Front Desk or Call (703) 273-6090

CITY OF FAIRFAX SENIOR CENTER

August 2017

(703) 273-6090

Mon	Tue	Wed	Thu	Fri	Sat
<div>AUGUST 2017</div> <div></div>	1 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events / Pickleball 2pm: World Powers 1930's game	2 8am: Men's Coffee Group 8:30am: Seniorcise TRIP: National Air and Space Museum at Udvar-Hazy Center 10am: Pinochle 1pm-3pm: Pickleball 2:15pm: Stretch & Balance- 4 wks	3 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 9:30am: Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: Easy Strength Training 1pm: Pickleball / Millennium Art Guild 2:15pm: Sit & Get Fit – 4 wks 3pm: Social Line Dancing	4 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/ Bridge Level I 10am: Grand Slam Bridge 10:30am: BINGO 12noon: August Birthdays! 12noon: BP Checks – Ask A Nurse 1pm: Pickleball Play 1:30pm: Day Trip Committee Mtg	5
7 8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge Groups 10:00am: Mah Jongg/Grand Slam 10:30am: Line Dancing 10:30am: DAY AT THE RACES 11am: Spanish Conversation 12 noon: NOVA Neighbors Bridge 1pm-3pm: Pickleball 2:15pm: Chair Yoga – 4 wk.	8 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events / Pickleball 1:30pm: Hospitality Committee Mtg. 2pm: World Powers 1930's game 3pm: Beg Pickleball Lessons – 3wks 4pm: Int Pickleball Lessons – 3 wks	9 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: CARTOON & POPCORN: “The Secret Life of Pets” 1-3pm: Pickleball 2:15pm: Stretch & Balance	10 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 9:30am: Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: Easy Strength Training 1pm: Pickleball / Millennium Art Guild 2:15pm: Sit & Get Fit 3pm: Social Line Dancing	11 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/ Bridge Level I 10am: Grand Slam Bridge 10:30am: BUNCO 12 noon: LUNCH & LEARN: Downsizing and Organizing 1pm: Pickleball Play	12  Fitness Room Open Mon-Thur 8am-9pm, Fri 9am-5pm Sat & Sun 9am-2pm FREE for 55+ with card
14 8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing 11am: Spanish Conversation 1pm-3pm: Pickleball 2:15pm: Chair Yoga	15 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events / Pickleball 2pm: World Powers 1930's game 3pm: Beg Pickleball Lessons 4pm: Int. Pickleball Lessons	16 8am: Men's Coffee Group 8:30am: Seniorcise TRIP: Escape Room, Alexandria 10am: Pinochle 1-3pm: Pickleball 2:15pm: Stretch & Balance	17 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge/Pinochle 10am: Mah Jongg: Int'l & Chinese 10 am: Fairfax Antique Arts Assn. 10:30am German Conversation 11:30/11:45am: LUNCH BUNCH 11:30am: Easy Strength Training 1pm: Pickleball / Millennium Art Guild 2:15pm: Sit & Get Fit 3pm: Social Line Dancing	18 8am: Men's Coffee Group 8:30am: Seniorcise 9:15am/10:15am: Tai Chi: Adv/Beg 9:30am: Pinochle/ Bridge Level I 9:30am: Coupons For Military 10am Grand Slam Bridge 10:30am: BINGO 12 noon: Lunch & Learn: Windows 10 1pm: Pickleball Play	19
21 8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing 10:30am: DAY AT THE RACES 11am: Spanish Conversation 12 noon: NOVA Neighbors Bridge 1pm-3pm: Pickleball 2:15pm: Chair Yoga	22 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: EZ Strength Training 1pm: Current Events / Pickleball 1:30pm: Senior Council Meeting 2pm: World Powers 1930's game 3pm: Beg Pickleball Lessons 4pm: Int. Pickleball Lessons	23 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle TRIP: MGM Casino, Nat'l Harbor 1-3pm: Pickleball 2:15pm: Stretch & Balance	24 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge/ Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: EZ Strength Training 1pm: Pickleball / Millennium Art Guild 2:15pm: Sit & Get Fit 3pm: Social Line Dancing	25 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/ Bridge Level I 10am: Grand Slam Bridge/90's Club 10:30am: BUNCO 12 noon: Lunch & Learn – Ask a Nurse! 1pm: Pickleball Play	26 **** All Potluck Luncheons and Guest Speakers require advanced registration at the Front Desk or call (703) 273-6090 Check out our website www.fairfaxva.gov
28 8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing 11am: Spanish Conversation 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm: Tea&Talk – Herbal Altern.	29 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: EZ Strength Training 1pm: Current Events / Pickleball 2pm: World Powers 1930's game	30 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: MOVIE & POPCORN: “La La Land” 1-3pm: Pickleball	31 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge/Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am German Conversation 11:30am: Easy Strength Training 1pm: Pickleball / Millennium Art Guild 2:15pm: Sit & Get Fit = \$6		

The City of Fairfax Senior Center - Young at Heart Day Trips

Green Acres Center, 4401 Sideburn Road, Fairfax VA 22030

All trips require reservations – first come, first serve. Payment is due at time of registration unless placed on a wait list. **If you sign up, show up!** Trips depart from Green Acres Center. Please arrive 15-30 minutes before departure to check-in with your City of Fairfax Senior Center membership card (please arrive 30-45 minutes ahead with a valid ID to make a Free Card for Fairfax City or County residents; \$5/day fee for others). **Cancellations** must be one week in advance to be considered for a refund. No refunds on pre-purchased tickets – **ALL SALES ARE FINAL**. **Inclement Weather:** Each day trip will be individually decided based on CUE bus availability and other factors.

Registration for May - August Trips begins Monday, April 3 at 8:30 a.m.

www.fairfaxva.gov/government/parks-recreation/senior-center/trips PHONE: 703-273-6090


	Lunch on your own		Uneven Walking
	Mainly Walking/Standing	SG/GT	Self-Guided Tour/ Guided Tour
	Stairs Required		Weather Sensitive

MAY TRIPS




	Young-at-Heart Luncheon & Dance at Shenandoah Apple Blossom Festival (Winchester, VA) Get out your pink & green finery and put on your dancing shoes! Dance to big band music featuring the <i>For Dancers Only</i> orchestra, see 90th Queen Shenandoah and her court, and enjoy a delicious luncheon with an apple dumpling dessert at the Millwood Station Events Center. Bring money for stops at a farmer's market and Stephens City Outlet. Lunch included. Thursday, May 4, 2017 Depart: 9:30 am Approx. Return: 5:00 pm	\$50
	Smart People at Arena Stage (Washington, DC) Do our belief systems stem from our environment or are some prejudices hard-wired into us? With barbed wit, Lydia R. Diamond (<i>Stick Fly</i>) explores the unavoidable nature of racism and other sticky subjects in the controversial and fiercely funny new play <i>Smart People</i> . Bring your own lunch, or preorder \$17 boxed lunch directly from Arena Stage, not included in trip price. Wednesday, May 10, 2017 Depart: 10:00 am Approx. Return: 3:00 pm	\$80
 	Miss Shirley's Café, Sherwood Garden, Baltimore Symphony Show House (Baltimore, MD) Brunch at Baltimore's iconic Miss Shirley's Café, seen on <i>Food Network's Diners, Drive-Ins & Dives</i> , rooted in Southern fare, using ingredients from the Chesapeake Bay area. Next is Sherwood Gardens, with 80,000 tulips and other spring bulbs. Stroll six acres with varieties of rare trees, dogwoods, cherries, wisteria and magnolias. Last is the Baltimore Symphony 40 th Decorator Show House. Experience the transformation of this exquisite mansion decorated by leading designers with three sets of stairs; wear comfortable shoes. Bring money for lunch. Wednesday, May 17, 2017 Depart: 9:00 am Approx. Return: 5:00 pm	\$49
 	National Baseball Game (Washington, DC) Hot dogs, nachos & cheese, cheering, and BASEBALL! Come see the Washington Nationals take on the Seattle Mariners at 4pm. <u>Each ticket comes with \$10 food voucher</u> . Baseline reserved Section 131; seats are under cover and in the shade. Thursday, May 25, 2017 Depart: 2:15 pm Approx. Return: 7:30 pm	\$72

JUNE TRIPS





 GT 	St. Michaels (St. Michaels, MD) Escape to St. Michaels on the Eastern Shore, a pre-Revolutionary town with charming shops and restaurants. After lunch on your own, relax on an air-conditioned covered boat and enjoy beautiful views along the Miles River, included in trip cost. Wednesday, June 7, 2017 Depart: 9:00 am Approx. Return: 5:30 pm	\$50
 SG/GT 	Historical Tour - US Naval Academy and Annapolis (Annapolis, MD) Take a guided walking tour of the Academy which covers life at the USNA past and present. Historical tour of this campus walks over one mile and includes stairs. Or opt for the docent-led "Armchair Tour", which remains in the Armel-Leftwich Visitor Center. Bring money for lunch on your own in historic Annapolis harbor area. Wednesday, June 14, 2017 Depart: 8:30 am Approx. Return: 3:00 pm	\$30

	Seven Oaks Lavender Farm, Red Truck Bakery and Buckland Farm Market (Catlett, VA) Visit this lavender farm in glorious full bloom: cut your own fragrant bouquet – wear comfortable clothes. Travel to Warrenton for lunch or a baked good at Red Truck Bakery. Last stop is Buckland Farm Market for farm goods. Bring money for flowers and food. Wednesday, June 21, 2017 Depart: 9:00 am Approx. Return: 2:30 pm	\$20
	Dolley Madison Tea at Woodlawn Manor Museum (Brookeville, MD) Enjoy tea at historic Woodlawn Manor Museum in the Dolley Madison Tea Room. Drink bottomless hot Brookeville blend tea & other tea varieties along with tea sandwiches, scones with clotted cream, lemon curds, muffins and seasonal fruits served by Colonial wait staff. Wednesday, June 28, 2017 Depart: 10:00 am Approx. Return: 4:30 pm	\$47

JULY TRIPS

	The Sound of Music at the Kennedy Center (Washington, DC) The hills are alive! A brand new production of <i>The Sound of Music</i> , directed by three-time Tony Award® winner Jack O'Brien. The spirited, romantic, and beloved musical story of Maria and the von Trapp Family will again thrill with its Tony®, Grammy®, and Academy Award®–winning Best Score by Rodgers & Hammerstein, including "My Favorite Things," "Do-Re-Mi," "Climb Ev'ry Mountain." Lunch on your own prior to matinee in KC Café, or pack a lunch. Wednesday, July 12, 2017 Depart: 11:00 am Approx. Return: 5:00 pm	\$85
	Mamma Mia at Wolf Trap Filene Center (Vienna, VA) Fall in love with the characters, story and music that makes this the ultimate feel-good show! Catherine Johnson's sunny, funny tale unfolds on a Greek island paradise. On the eve of her wedding, a daughter's quest to discover the identity of her father brings 3 men from her mother's past back to the island they last visited 20 years ago. The storytelling magic of ABBA's timeless songs propels this enchanting tale of love, laughter and friendship! Wednesday, July 19, 2017 Depart: 7:00 pm Approx. Return: 10:30 pm	\$70
 SG 	Holocaust Museum (Washington, DC) See life through the eyes of a young Jewish boy in the interactive exhibit "Remember the Children: Daniel's Story." Visit the Wexner Center to experience a number of small exhibitions exploring questions around genocide and crimes against humanity after the Holocaust, including "I Want Justice!" and photographs from Syria. Explore the Museum's unique architecture in the Hall of Witness, the three-story glass, brick, and steel atrium that forms the central core of this Museum. Bring money for lunch in the museum cafe. Wednesday, July 26, 2017 Depart: 10:00 am Approx. Return: 4:00 pm	\$15

AUGUST TRIPS

  GT	National Air and Space Museum – Udvar-Hazy Center (Chantilly, VA) See the world's largest collection of aviation and space artifacts, encompassing all aspects of human flight, related works of art and archival materials. 90-minute tour included, with time to explore on your own. Buy lunch in McDonald's Café or bring a bag lunch. Wednesday, August 2, 2017 Depart: 9:30 am Approx. Return: 4:00 pm	\$15
 GT	Escape Room - (Alexandria, VA) This is a real-life game of <i>Clue</i> . Historically themed and wonderfully immersive, this Old Town Alexandria Escape Room has rooms with themes involving Sherlock Holmes and Professor Moriarty. Players use their wits and teamwork to uncover clues, solve a series of puzzles, and crack codes to ultimately solve the mystery and "escape the room!" Time on your own after in Old Town Alexandria for a meal and/or shopping. Wednesday, August 16, 2017 Depart: 2:00 pm Approx. Return: 5:30 pm	\$40
	MGM Grand Casino at National Harbor (Oxen Hill, MD) Ready, set, play! Come try your luck at the largest brand-new gaming floor in the area. Lunch on your own at one of the casino's many dining options. Wednesday, August 23, 2017 Depart: 10:00 am Approx. Return: 4:00 pm	\$15

Senior Classes at Green Acres Center

Activity	Day(s) and Time(s)	Fee(s)
Senior Morning Walk	Mon, 8:00am - 9:00am	5/1-8/28 (no 5/29). FREE with registration
Line Dancing	Mon, 10:30am - 11:30am	5/1-6/26 = \$36 (no class 5/29); 7/10-8/28 = \$48; \$8/class
Chair Yoga	Mon, 2:15pm - 3:15pm	5/1-22; 6/5-26; 7/10-31; 8/7-28 = \$24 per session; \$8/class
Tea & Talk	Mon, 4:00 pm – 5:00pm	May 22; June 26; July 24; Aug. 28= \$5/talk
Seniorcise	Tue/Wed/Fri, 8:30am - 9:30am	5/2-9/1 = \$149; 5/2-6/30; 7/5-9/1= \$80/session; \$8/class. (no class 6/9, 7/4)
Easy Strength Training	Tues, 11:30am - 12:30pm	5/2-6/27= \$38; 7/11-8/29=\$34; \$8/class
Senior Clogging Beginner II	Tues, 12:30pm - 1:30pm	5/23-7/18 = \$65; no class 7/4
Beg. Pickleball Lessons	Tues, 3:00pm - 4:00pm	5/9-23; 6/13-27; 7/11-25; 8/8-22 =\$20/session
Intermediate Pickleball Lessons	Tues, 4:00pm - 5:00pm	5/9-23; 6/13-27; 7/11-25; 8/8-22 =\$20/session
Senior Stretch & Balance	Wed, 2:15pm - 3:15pm	5/3-24; 5/31-6/21; 6/28-7/26 (no class 7/5); 8/2-23 = \$24/session; \$8 per class.
Easy Strength Training	Thurs, 11:30am - 12:30pm	5/4-6/22= \$34; 6/29-7/6= \$8; 8/3-31= \$21; \$8/class
Learn Spanish: MI chu chu tren	Thurs, 2:00pm - 3:00pm	1/12-3/2; 3/16-5/4 = \$100
Sit & Get Fit	Thurs, 2:15pm - 3:15pm	5/11-6/1; 6/8-29; 7/6-27; 8/3-24 = \$24/session; 8/31 = \$6; \$8 per class.
Social Line Dancing	Thurs, 3:00pm - 4:00pm	5/4-6/22; 7/6-8/24 = \$48/session; \$8/class
Tai Chi Chuan	Fri, Beg: 10:15am - 11:15am; Fri, Adv: 9:15am - 10:15am	5/19-7/7; 7/14-9/1 = \$48/session; \$8/class
Blood Pressure Screenings and “Ask a Nurse”	Fri, 12 noon - 1:00pm	After Bingo: 5/5, 6/2, 7/7, 8/4. FREE!
Personal Fitness Training	Teresa Fletcher: 571-606-4004	60-minutes = \$40; 30-minutes = \$20.

Adult Classes at Green Acres Center

No classes on City Holidays: May 29, July 4, September 4, 2017

Personal Fitness Training	Teresa Fletcher: 571-606-4004	\$50 for 60-minute session.
Activity	Day(s) and Time(s)	Fee(s)
Fit Ball	Mon, 9:30am-10:25am	5/15-6/26 (no 5/29); 7/10-8/28 (no 8/14, 21) = \$42.
Cardio & Strength Circuit	Mon, 10:30am-11:25am	5/15-6/26 (no 5/29); 7/10-8/28 (no 8/14, 21) = \$42/session; \$8 drop in.
Hot Hula Fitness	Mon, 5:30pm-6:30pm	6/5-7/10; 7/17-8/21 = \$60/session. 1 st class Free.
Sin Moo Hapkido Martial Arts	Mon and Wed, 6:30pm-8:00pm	5/15-7/10 (no class 5/29); 7/12-9/6 (no 9/4) = \$76/session; \$8 drop in.
Tibetan Singing Bowls	Mon; 7:00pm-8:30pm	5/15 = \$20 advance; \$25 drop in
B-Fit	Tues/Thurs/Fri, 9:30am-10:25am	5/2-6/23 (no 6/9); 6/27-9/1 (no 7/4, 13, 14, 20, 21, 27, 28) = \$96/session; \$8/class.
Morning Pilates	Tues/Wed/Fri, 10:30am-11:30am	(Tu): 5/2-6/20; 6/27-8/22; (W): 5/3-6/21; 6/28-8/30 (no 7/12, 19, 26); (F): 5/5-6/23 (no 6/9); 6/30-9/1 (no 7/14, 21, 28) = \$56/day/session; \$8/class.
Traditional Yoga for Beginners	Tues, 6:00pm-7:00pm	5/2-30 = \$35; 6/6-27; 7/11-8/1; 8/8-29 = \$28/session.
NEW! Solstice Sun Salutations	Tues, 6:00pm-7:00pm	6/20 = \$6 advance; \$8 drop in
Aerobic Dancing by Jacki Sorensen	Tues/Thurs, 6:30pm-7:30pm	(Tu) 5/9-6/27 = \$88; (Th) 5/11-6/29 = \$88; Both \$132. (Tu) 7/11-8/29 = \$64; (Th) 7/13-8/31 = \$64; Both \$96.
Irish Social Dance	Tues, 7:15pm-8:45pm	5/23-6/20 = \$35; \$8 drop in.
PM Pilates	Tues or Thurs, 7:45pm-8:45pm	(Tu) 5/2-8/22 = \$116; 5/2-6/20; 6/27-8/22 = \$60/session; \$8 drop in. No class 7/4. (Th) 5/11-8/24 = \$116; 5/11-6/29; 7/6-8/24 = \$60/session; \$8/drop in
Cardio Strength Training	Wed, 9:30am-10:25am	5/3-6/21; 6/28-8/30 = \$56/session; \$8/class. No class 7/12, 19, 26.
Zumba Fitness	Wed, 11:30am-12:25pm	5/3-6/21; 6/28-8/30 = \$61/session; \$8/class. No class 7/12. 19, 26.
Open Tai Chi Push Hands Practice	Wed, 6:00pm-8:00pm	5/10-6/28; 7/12-8/30 = \$55/session; \$8/drop in
Meditation	Wed, 7:00pm-8:00pm	5/3-24; 6/7-28; 7/5-26; 8/2-23 = \$40/session; \$12 drop-in.
Advanced Open Pickleball Play	Wed, 7:30pm-9:30pm	5/3-8/30 = \$8/evening.
Yoga	Thurs, 10:30am-11:25am	5/4-6/22; 6/29-8/31 (no 7/13, 20, 27) = \$56/session; \$8/class.
Laughing Yoga	Sat, 11:00am-12:00pm	7/22 = \$5 per family

Fitness Options at Green Acres

Daytime “Your Way” Fitness Classes at Green Acres Center

Certified Instructors: Teresa Fletcher and Darlene Wujkowski

Mondays, Tuesdays, Wednesdays, Thursdays, & Fridays

Location: Green Acres Center Gym

Feel Better – Relieve Stress -Stay Fit – Your Way! Enroll in the “Your Way” (YW) Fitness Class Program and choose to attend as many classes from the calendar that fit into your schedule. Bring your water bottle and wear comfortable clothing.

18-weeks: May 1 – Sept 1 (no classes May 29, July 4, 12, 13, 14, 19, 20, 21, 26, 27, 28, Aug 14 & 21))

55-Minute classes	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-10:25 am	FIT BALL	B-FIT	CARDIO STRENGTH	B-FIT WITH ZUMBA TONING	B-FIT
10:30-11:25 am	CARDIO & STRENGTH CIRCUIT	PILATES	PILATES	YOGA	PILATES
11:30-12:25 pm			ZUMBA		

Please note that only these classes at Green Acres Center qualify for the “Your Way” Program and cannot be substituted for any other classes.

Fee: \$220.

Meet Teresa Fletcher



Teresa Fletcher is our NASM Certified Personal Trainer here at Green Acres. Teresa has the knowledge to help you meet your fitness goals such as weight loss, gain muscle mass, or correct muscular imbalances; she will motivate you by setting goals and providing feedback during your session. Teresa has a Bachelor's of Science degree from Colorado State University and has been involved in the fitness industry for over 10 years working with children and adults. As a Certified Therapeutic Recreation Specialist as well as a Certified Personal Trainer, she has a passion for fitness and loves developing programs focusing on providing safe and challenging exercise programs that will fit each client's lifestyle.

Please call Teresa (571-606-4004) to schedule an appointment for a 60-minute initial evaluation, or a 30-minute follow-up session.

Fee: \$40 for 60-minute session

\$20 for 30-minute session

Please pay at the Green Acres Center's Front Desk prior to your session.

Improve your Quality of Life today!

MOVIE & POPCORN



May 24: *Loving* - PG-13, Drama/Romance

June 21: *Lion* - PG-13, Biography/Drama

July 5: *Hidden Figures* – PG, Biography/Drama/History

August 9: *The Secret Life of Pets* – PG, Animation/Comedy

August 30: *La La Land* - PG-13, Comedy/Drama/Music

All movies will be held on **Wednesdays at 10:00am in Room 111.**

Tea & Talk on select Mondays, 4:00 pm-5:00 pm

with Certified Nutritionist, Jann Richards-Weltman

There's lots of nutrition information out there, and it can get a bit overwhelming and confusing with contradictory information over the past several decades. However, Nutrition Science has made great strides over the past 20 years! Enjoy a cup of herbal tea as we discuss topics that can affect your health.

May 22 *Tea Tasting*

June 26 *Understanding Fats*

July 24 *7 Foods for a Healthy Kitchen*

Aug 28 *Herbal Alternatives to Sugar, Caffeine and Alcohol*

Fee: FREE with Registration; \$5 supply fee payable to instructor at the Talk.

Senior Center Advisory Council/Committees

Senior Center Advisory Council:

The Senior Center Advisory Council's members are volunteers who work as a group with the staff to enhance the programs and activities of the City of Fairfax Senior Center.

The following are the Senior Council Members for the 2016-2017 year:

Jane Albro, Judy Balser, Marge Brooks, Keith Bushey, Marcia Clukey, Aldo Domenichini, Paul Kavanaugh, Camille McNeil, Duane Perry, Robin Speck, and Larry Steinman.

Officers:

Marcia Clukey, Chair; Camille McNeil, Vice Chair; Currently vacant, Secretary; Paul Kavanaugh Treasurer; Jane Albro will continue as liaison to PRAB.

Senior Council Meetings are held the 4th Tuesday at 1:30 pm monthly at Green Acres Center.

Senior Center members are always welcome to attend!

Other Committee Meetings:

All meetings are held at the Green Acres Center:

Hospitality Committee 2nd Tuesday at 1:30pm;

Day Trip Committee 1st Friday at 1:30pm.

Travel and Overnight Committee meets as required

For more information about volunteer opportunities please see the front desk.



Summer Picnic 2016



Day Trip to Goddard Flight Center



Luau Potluck Party 2016

Senior Spotlight on Older American's Month

OLDER AMERICANS MONTH



AGE OUT LOUD: MAY 2017

We are proud to announce May as Older Adults Month in the City of Fairfax!

Each May, the Administration for Community Living (ACL) leads our nation's celebration of Older Americans Month (OAM). ACL designed the 2017 OAM theme, **Age Out Loud**, to give aging a new voice—one that reflects what today's older adults have to say.

Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living what suits you. Take Barbara Hillary: a nurse for 55 years who dreamed of travel; at age 75 Hillary became the first African American woman to set foot on the North Pole. In 2011, at age 79, she set another first when she stepped onto the South Pole. Former president George H.W. Bush celebrated his 90th birthday by skydiving. Actress Betty White, now 95 years old, became the oldest person to host Saturday Night Live in 2010, coincidentally during May—the same month recognized as Older Americans Month (OAM).

Since 1963, OAM has been a time to celebrate older Americans, their stories, and their contributions. Led by the Administration for Community Living (ACL), the annual observance offers a special opportunity to learn about, support, and recognize our nation's older citizens. This year's theme, "Age Out Loud," emphasizes the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

Throughout the month, City of Fairfax Parks and Recreation Department and Young at Heart Senior Center will conduct and offer a variety of activities and share information designed to highlight how older adults in our community are redefining aging. We will kick off the month on Wednesday, May 3 at 11am- 1pm here in the Senior Center with an open house. On Tuesday, May 9, join us at the 7pm City Council Meeting as we proclaim May as Older Adults month. See page 4 in *Upcoming Events* for a complete listing of planned activities.

We encourage you to get involved by participating this month in one of the many activities the center has to offer, challenge yourself to try something different, and set a new goal for yourself!



Open Pickleball Play Potluck 2017

[Visit the Official OAM Website](#)



Fairfax Antique Arts Association

Our staff look forward to seeing you soon!

City of Fairfax Senior Center Staff from Left to Right:

Kathy Carter, Rocio Vargas, Anne Chase, Kira Urano, Jann Richards-Weltman

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**Join us at the City of Fairfax Senior Center -**

**Meet new folks and have some fun!**

**Call the Green Acres Center for details:**

**703-273-6090**

**AMERICANS WITH DISABILITIES ACT**

The City of Fairfax is committed to making reasonable accommodations as required by the Americans with Disabilities Act. To request a reasonable accommodation for any type of disability, call 703.385.7858